

IN THE CLAIMS:

Please amend the claims as follows:

1-12. (Canceled)

13-26. (Canceled)

27-31. (Canceled)

32. (Previously presented) A portable recording device configured for recording achievement of resistance training objectives with at least two resistance training parameters in connection with a resistance training workout;

the device adapted to:

receive a resistance training workout comprising a series of sets for at least two different resistance training exercises, each set having resistance training objectives with at least two resistance training parameters; and

record the performance of the resistance training objectives or deviations from the resistance training objectives by:

STEP A) initializing a current set as a first set from a previously received resistance training workout for a series of sets for at least two different resistance training exercises;

STEP B) presenting: a current resistance training exercise for the current set; a specified number of repetitions for the current set and a specified resistance level for the current set;

STEP C) receiving from the user a reported performance for the current set through a confirmation of performance of the specified number of repetitions at the specified resistance level for the current set;

ELSE

receiving the deviation in performance of the specified number of repetitions, if any; and receiving the deviation in the specified resistance level, if any;

STEP D) IF the current set is not a last set in the previously received resistance training workout for a series of sets for at least two different resistance training exercises, THEN setting a next set in the series of previously received resistance training workout for a series of sets for at least two different resistance training exercises as the current set AND GOTO STEP B;

ELSE

the previously received resistance training workout is complete.

33. (Previously presented) The portable recording device of claim 32 wherein:

the previously received resistance training workout may include a delay interval between a specific set and a next set; and

after receiving from the user the reported performance for the current set when the current set is the specific set, timing the delay interval then at the end of the delay interval providing an indication to the user that it is time to begin the next set.

34. (Previously presented) The portable recording device of claim 32 wherein the receiving from the user the reported performance for the current set through the confirmation of performance of the specified number of repetitions at the specified resistance level for the current set is the absence of input from the user during a window of time for the user to provide input for the current set.